

# WENDLER 5/3/1

**SOURCE:** T-NATION - Bryan Krahn ( [www.t-nation.com](http://www.t-nation.com) ) — elitefts ( <http://www.elitefts.net/> )

## WENDLER 5/3/1 IN BRIEF —

- a strength training methodology developed by Jim Wendler

## WHO IS JIM WENDLER —

- senior editor and sales manager with Elite Fitness Systems
- former college football player (University of Arizona)
- strength and conditioning coach (University of Kentucky)
- trained with Westside Barbell

## WHY DEVELOP 5/3/1 —

- In Jim's own words, quoted by T-NATION:

"I want be able to do a bunch of different activities and still kick ass in the weight room. I want to be as mobile, flexible, strong, and in as good a condition as I possibly can. That's how I came up with 5/3/1."

## WHAT IS WENDLER 5/3/1:

- strength training system geared to develop strength gains with staple lifts → bench press, squat, deadlift, press

## THREE TIPS —

- 1 start light
- 2 progress slowly
- 3 break personal records ('rep records' not 'one rep max')

- percentage of your one-rep max = 90% of 1RM
- next cycle, increase load
- on a 5+, 3+, 1+ set, do as many reps you can manage with that weight
  - goal of obtaining a rep record

## TRAINING FREQUENCY / STRUCTURE —

- train three or four days per week
- each workout focused on one core lift
- each training cycle lasts four weeks, with the following set rep goals

week 1: 3 x 5

week 2: 3 x 3

week 3: 3 x 5, 3, 1

week 4: deloading

- add 5 lbs 1RM to upper body lifts and 10 lbs 1RM to lower body lifts after each 4 week cycle in your calculations
- a goal accomplished every workout

|       | week 1   | week 2   | week 3   | week 4  |
|-------|----------|----------|----------|---------|
| set 1 | 65% x 5  | 70% x 3  | 75% x 5  | 40% x 5 |
| set 2 | 75% x 5  | 80% x 3  | 85% x 3  | 50% x 5 |
| set 3 | 85% x 5+ | 90% x 3+ | 95% x 1+ | 60% x 5 |

# Wendler 531 Manual

**Michael Seilmaier**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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